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# The Doctors tell you what to eat in war time

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## *The purpose of this booklet*

THE doctors of Great Britain want to take their full share in helping the country in these grave times. They are caring for the sick and the wounded, and they also want to assist the healthy to maintain their strength and well-being. The keystone of good health is good food. The British Medical Association therefore appointed a committee of experts to examine the problems of diet in war time, especially in relation to rationing. The report it prepared has been written in clear and simple language for the use of the ordinary man and woman in the home, and is published in this popular form at cost price so that it may be available to as wide a public as possible.

G. C. ANDERSON  
*Secretary,*  
British Medical Association



# The Doctors tell you what to eat in war time

This country is fighting for its life, and it cannot fight on an empty stomach. Much of our food comes from across the seas in ships that must carry 'guns' as well as 'butter'. We must therefore choose our food with scrupulous care, to fill the stomach and at the same time to keep body and mind alert for their everyday tasks. This must be done with economy as well as with care. Waste is not just letting the fat go down the sink. Waste is choosing the wrong food and cooking it in the wrong way. Eating too much where less would do is waste. Eating too little of what is vital for the body's health is waste.

In order to make the most of the food at her disposal the housewife should know something of the why's and wherefore's of diet. Even a little knowledge will help her to get over the minor difficulties of housekeeping that come from rationing. But apart from that there is the major question of buying the right sort of food that will give health to the growing child and the grown man and woman.





## The principles of diet

Fortunately the principles of diet are not difficult to apply. No elaborate calculations are involved. There is no magic formula. Right eating is first and foremost a matter of a little knowledge and a lot of common sense. We offer you the little knowledge.

## Three needs of the body

Food must satisfy three needs of the body:

- 1—The need for warmth and energy.
- 2—The need for growth and repair.
- 3—The need for protection against disease and the preservation of health.

As we shall show in the following pages, foods are divided into three groups according to the need they satisfy. Foods that will satisfy the first need do not necessarily satisfy the third, and *vice versa*.

Some foods are already rationed. Others may be rationed later. Armed with knowledge and with the help of the British Navy we can face the problem with an easy mind. The principle is simple. It is this. If a food in one group is rationed you can find a substitute only in the same group.

## GROUP 1

### Substitutes for Rationed Foods

Every time a coal-miner strikes at the face of the coal in front of him, he does work, puts out energy. To supply this energy, foodstuffs in the muscles undergo combustion and chemical change. Each movement of breathing, each beat of the heart, each flicker of an eyelid involves the combustion of foodstuffs. Obviously those who put out a lot of bodily energy need more food than those who put out little.

### Foods for Warmth and Energy

Foods that give energy and warmth are mostly those bought at the baker's and the grocer's. Sugar is an important energy-producer. So also are bread, flour, oatmeal, potatoes, cakes, biscuits, jams, syrup, treacle, and honey. The chemist lumps all these together under the general term of carbohydrate. Whatever they are when they enter the mouth, the carbohydrates are converted into a special sugar (glucose) by the time they enter the blood. From the energy point of view, then, they are interchangeable. But it is better to take carbohydrate in the form of oatmeal or wholemeal bread than, say, in the form of sugar, for the bread has something the sugar hasn't got.



*'There is no magic formula.'*



Other energy-producers in the grocer's shop are dried fruit, dried peas and beans, lard, frying fats, dripping, butter, and margarine.

Energy-producing foods—fats, sugar, and starchy foods—are, on the whole, cheap and plentiful, and no one in this country need fear running short of them. If sugar, for example, is rationed further the deficiency may be remedied by eating more potatoes, which incidentally supply vitamin C as well as carbohydrate. Butter shortage may be made good by margarine to which vitamins have been added.

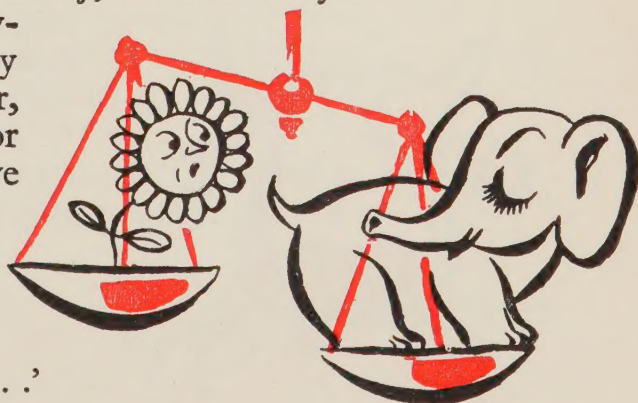
## GROUP 2

The bricks of the body are minute structures called cells. Bone, muscle, liver, brain are made up of millions upon millions of cells. The most important materials in the substance of the cell are what the chemist calls proteins. Proteins are therefore necessary for building new cells—i.e., for growth—and for repairing the wear and tear of everyday life.

**Builders  
and  
Repairers**

For proteins we go to the butcher, the fishmonger, the poulterer, and the dairyman. The curd of milk is protein; so are the lean of meat and the white of egg. Body-building foods are chiefly animal—meat, fish, cheese, milk, and eggs. Proteins are important constituents in all of these. Cereals (wheat, oats, etc.) and pulses (dried peas and beans) also contain proteins which can be used for body-building. Weight for weight, animal proteins are better at the job than plant proteins, and it is desirable that some animal protein should be eaten every day.

Because of either rationing or individual economy there is a real risk that body-building foods will be cut down below the health-line. If there is scarcity of one sort then the deficiency must be made good by another. If there is less meat, then its place must be taken by cheese, milk, fish, herring roes and cod roes, beans, lentils, or eggs. It should be also remembered that, while the flesh of meat may be rationed, the so-called offal will probably remain exempt. Therefore the purchase of sweetbread, liver, tripe, kidney, and brain may be increased. Shortage of one of the body-building foods must not be met by substituting for it an energy-producer, such, for example, as bread, sugar, or fat. Unless eggs are cheap they give poor value for money.



*'Weight for weight . . .'*



**Cheese is one of the best body-builders there are.** A shilling's worth of cheese gives twice as much value as a shilling's worth of meat—and so does a shilling's worth of herrings.

Milk is an excellent body-building food for old and young alike. Every child should have a pint a day, as a drink, in the form of milk puddings, or with porridge. The child who has a pint of milk a day will not suffer because of meat rationing.

**If meat is cut out altogether no one need go short of body-building food if enough milk and cheese are taken.**

## GROUP 3

### Protective Foods

Scurvy used to be the bane of explorers and seamen. At one time rickets was so prevalent in this country that it was known abroad as the 'English disease'. These disorders are the result of a lack or deficiency of vitamins (substances necessary to normal nutrition and growth) in the diet—scurvy of vitamin C and rickets of vitamin D. In the black-out at the beginning of the war it was found that some people had abnormally bad vision in the dark—night-blindness—and in many this was thought to be due to deficiency of vitamin A in the diet.

Foods containing these vitamins maintain and further the health of the body. Vitamin C, for example, is present in potatoes, green vegetables and salads, oranges and lemons, and black-currants. Vitamin D—the anti-rickets vitamin—is found in eggs, butter, vitaminized margarine, and fish-liver oils.

In addition to vitamins the body stands in need of inorganic substances such as lime, phosphorus, and iron. If there is not enough iron in the diet, anaemia will result. Few foods are entirely lacking in vitamins, iron, lime, etc., but in many these vital elements are present in only negligible amounts. Again, a food may be rich in one vitamin and poor in others. Therefore to get a good diet we must mix protective foods as well as other foods. No one protective food by itself is sufficient.

There is, by the way, no scientific reason for taking only one kind of food at a meal. Europeans have found that a



*'... only one kind of food at a meal.'*



mixture of proteins, fats, and carbohydrates at the principal meal is the one that suits them best.

The vitamins essential to life are:—

## Vitamins

|                        |                                                                    |
|------------------------|--------------------------------------------------------------------|
| <b>Vitamin A</b>       | <i>which protects the body from eye and other troubles</i>         |
| <b>Vitamin B Group</b> | <i>which protects from some nervous and skin diseases</i>          |
| <b>Vitamin C</b>       | <i>which protects from scurvy</i>                                  |
| <b>Vitamin D</b>       | <i>which protects from rickets and helps to build strong teeth</i> |

The inorganic substances likely to be insufficient in the British diet are lime, iodine, and iron. Lime is necessary for making and preserving healthy bones and teeth. Iodine protects the body from simple goitre and iron from nutritional anaemia. Many people do not get enough of these substances.

## PROTECTIVE FOODS

Protective foods (see below) are found at the dairy, the fish shop, and the greengrocer's. A generous mixture of these in the diet will meet the body's special needs for vitamins, lime, iron, and iodine. If enough of these foods is not taken, then various forms of ill health are bound to occur.

- 1 *Milk, butter, cream, cheese, eggs, vitaminized margarine.*
- 2 *Fish, particularly the fat fish—herrings, bloaters, kippers, sprats, mackerel, tinned and fresh salmon, sardines, and eels.*
- 3 *Foreign fruits (oranges, grapefruit, lemons, and bananas), English summer fruits (currants, gooseberries, loganberries, raspberries, and strawberries), salad vegetables (lettuce, mustard and cress, radishes, tomatoes, and watercress), and green vegetables, carrots, swede turnips and potatoes (if not overcooked).*

The rich as well as the poor tend to go short of these foods. If this happens in peace time it is much more likely to happen in time of war. **The consumption of protective foods should be increased here and now.**

In the list above you will see that margarine has been included among the dairy foods, although it is not prepared in



a dairy. As a protective food margarine is as good as butter now that the manufacturer has perfected its production and added vitamins to it.

Although we recognize the difficulties, both national and personal, we should like to see included in the diet every day :

|                                    |             |
|------------------------------------|-------------|
| Milk                               | One Pint    |
| Butter or<br>Vitaminized Margarine | One Ounce   |
| Cheese                             | One Ounce   |
| Egg                                | Perhaps One |

### Herring and Salmon

Fish is a valuable food because it is a good source of lime, phosphorus, and iodine, as well as being a body-builder, and fat fish also supply vitamins A and D. Fish should appear on the menu at least once a week and preferably twice. Here we would stress the food value of the herring. It is both body-building and protective. It is cheap. It can be taken fresh or tinned. Tinned salmon is also a valuable food and a source of vitamins A and D.

### Fruit and Vegetables

The people of this country do not yet eat enough fruit and vegetables, although plenty are at hand. Our taste for them fluctuates with the seasons. We are, unfortunately, unimaginative in both the choice and the cooking of vegetables. At least one good helping daily should be taken of any one of the foods listed on page 7.

Greens and potatoes should not be cooked too long and should be eaten as soon as they are ready. It is better to steam vegetables than to boil them. In boiling, a lot of the 'goodness' passes out into the water, so if vegetables are boiled the water should be used later for soup. Some raw fruit and salad vegetables should be taken as well, and when cost is a consideration salads can be made from raw cabbage, brussels sprouts, turnip, swedes, nasturtium leaves, and dandelion leaves. It is important that all salads and vegetables should be thoroughly washed, so as to lessen the risk of parasites. In fact strict cleanliness should be observed in the handling of all foods.

You will find on page 16 convenient reference lists of foods arranged in their respective groups.

*'... all vegetables should be thoroughly washed.'*





## SOME NOTES ON PARTICULAR FOODS

As a food milk stands in a class by itself. It contains **Milk** nearly everything the body wants : water, first-class protein, fat, sugar, lime, and phosphorus, and most of the vitamins. It seems that the only essential it lacks in sufficient amount is iron.

Unfortunately, germs have also discovered that milk is a good food, and flourish in it. Tuberculosis, scarlet fever, typhoid fever, diphtheria, septic sore throat, are some of the diseases that have been spread by milk contaminated by the germs causing these conditions.

**See that the milk you drink is safe.**

It can be made safe by being adequately heated (pasteurization). Pasteurization does not lessen the food value of milk. You need have no fear on this score. It is true that pasteurization destroys some of the vitamin C, but you do not rely on milk for this vitamin but on fruit and vegetables.

**In buying milk, then, you should ask for pasteurized or for tuberculin-tested milk. If you can't get either of these the milk should be scalded before use.**

Remember that skimmed milk and butter milk (that is, milk from which most of the fat has been removed) are as good sources of protein, lime, and phosphorus as whole milk. The same applies to condensed or dried milk, which, if prepared from whole milk, also contains fat; some of the vitamins are lost in the processing.

As a general rule sweetened condensed milks, because of the large amount of sugar they contain, should not be given to infants.

Butter is the fat of milk. Margarine is manufactured from animal or vegetable fats or from both. As an energy-producer margarine is as good as butter. The fats from which margarine is made are normally poor in vitamins. **Butter and Margarine**



*'... effeminate to drink milk.'*



**Margarine in which the butter vitamins have been incorporated during manufacture is as valuable a foodstuff as butter.**

We understand from the Ministry of Food that the manufacturers of margarine have undertaken to add the necessary vitamins (A and D) to all margarine sold during the war up to the level of reasonably good summer butter. It may be pointed out that margarine is prepared and packed under scrupulously hygienic conditions. It is therefore an excellent substitute for butter.

Other fats are dripping, lard, and various cooking fats. In general they are as good sources of energy as either butter or vitaminized margarine—but they lack the vitamins A and D. Dripping has the virtue of being tasty.

## **Cheese**

Cheese is the most neglected of the really valuable foodstuffs. It contains the proteins and fat of milk, and a concentrated supply of lime and phosphorus. Cheese is, so to speak, milk with the water squeezed out. Men who think it effeminate to drink milk can therefore get over their difficulty by taking an extra quantity of cheese. There is as much protein, lime, and phosphorus in five ounces of ordinary cheese as in a quart of milk. Weight for weight cheese has more first-class protein than the average uncooked joint, is much cheaper, and none of it need be wasted.

Some people cannot enjoy cheese ; they find it difficult to digest. In many cases this is because the cheese is not properly masticated. Cheese is also often taken at the end of a large meal and in addition to other protein-rich food. Cheese should be eaten as a substitute for more expensive sources of protein. It is wasteful to eat meat and cheese at the same meal.

Macaroni or vermicelli prepared with cheese makes a good and cheap staple dish for children, and properly cooked cheese is as nutritive as raw cheese. A meal of wholemeal bread, butter, and cheese, is a better food-combination than the traditional 'sausage and mash'.

**There can be no doubt that a greater consumption of cheese would benefit the country's health and the country's purse.**

## **Eggs**

Eggs have the reputation of being a concentrated food, but, like lean meat, are nearly three-quarters water. Nevertheless eggs are a valuable source of first-class protein.



The yolk contains fat in a very finely emulsified form and gives a good yield of lime, phosphorus, iron, and vitamins. But the energy-producing value per penny is small. Eggs should be eaten for their protective qualities. They are useful but not essential articles of diet.

Beans, peas, and lentils tend to be neglected in this country. This is a pity, because, especially in the dried form, they are an excellent source of protein. Beans, peas, and lentils are also rich in lime, phosphorus, and iron. They contain much starch and but little fat. Therefore they go well in meals with fat dishes. Bacon and beans is a staple dish in Canada and the U.S.A. for men who do hard work in the open. **Pulses**

Pulses have to be soaked for a long time before cooking is begun, and much water is taken up during soaking and boiling. This increases their weight and bulk. In addition to being a cheap source of protein, pulses can be stored for a long period without impairment of their food value.

If peas are allowed to germinate and then are lightly cooked they become a useful source of the anti-scurvy vitamin C, and could be used in this form when green vegetables and fruits are scarce or too dear.

There has been a steep rise in the consumption of sugar during the past thirty or forty years, and many doctors do not think this a good thing. The rationing of sugar might therefore be looked upon as promoting good health rather than hindering it. Refined sugar is an energy food and a flavouring agent. The eating of a lot of sugar diminishes the appetite and demand for more valuable carbohydrates—e.g., potatoes and cereals.

Syrup and treacle, which are crude forms of sugar, are better than refined sugar in that they contain lime and iron. Honey is a mixture of simple sugars. Jams differ from sugar and honey in that they also contain the juices and flesh of different fruits. Unfortunately the usual way of preparing home-made jam by boiling and stirring in an open vessel destroys the vitamins of the fruit. In the tinning of fruit and vegetables, on the other hand, the vitamins are for the most part preserved. **Sugar, Jam, and Honey**

At any time of threat to our food supply it is useful to know something of the virtues and limitations of bread as a food. **Bread**

It has four principal virtues.  
(1) Most people like it and don't get tired

*'... threat to our food supply.'*





of it. (2) It is a great satisfier of hunger. (3) The grain from which it is made can be stored easily and be transported economically. (4) Bread is cheap, compared with any other food.

The limitations of bread are as follows: (1) It is not a complete food in itself, and a health-giving diet must include other foods in suitable quantities. (2) White bread is less complete as a food than wholemeal or brown bread. (3) It is not easy to supply large quantities of wholemeal or brown bread because of the difficulty of keeping large stores of wholemeal or brown flour in good condition.

Bread may be white or brown or greyish in colour according to the flour used. *White bread*, the kind most usually eaten in this country, is made from refined flour. *Brown bread* is usually made from white flour by adding to it something which gives it its brown colour. This may be the wheat germ or bran, or a mixture of the two, or malt, or some other grain, such as rye. *Wholemeal bread* should, in theory, be made from flour which includes the whole of the wheat grain—i.e., all the bran and germ as well as the white nut and kernel. In practice most wholemeal flours have had some of the outer coat of bran removed.

In war time, as in peace, bread is an important defence against hunger and famine. But it is not possible to live healthily on bread alone, even if it is made of wholemeal.

**Most adults could, however, live in good health on a diet of wholemeal bread, cheese, and milk, with some fresh fruit or salad daily.**

It is not suggested for one moment that we shall ever be brought to this pass. Among other things, we can produce at home large quantities of potatoes, which can and should be increasingly substituted for bread and other energy-producing foods.

### Other Cereals

The same remarks made about bread apply to such other cereals as oatmeal, rice, and maize. None is a complete food in itself, and in a healthy diet all must be supplemented by dairy produce, fresh fruit, and vegetables.

To many the word 'cereals' brings up a picture of a cheerfully-decorated cardboard container with something crisp and tasty inside. The only advantages of such prepared cereals are that they are appetizing and encourage the consumption of milk by those who would otherwise go without. But it is an expensive way of drinking milk.



Here are some facts about meat which are well worth **Meat** remembering in war time.

1 The flesh of meat is to most of us an appetizing and satisfying food. **But a diet can be perfectly satisfactory without any meat at all.** Cheese, fish, and eggs can give us all that meat gives us.

2 **The cheaper cuts of meat have the same food value as the more expensive ones.** This, of course, refers to the flesh. Some of the cheaper cuts have more bone and gristle, and must be prepared, cooked, and served differently from a tender steak.

3 **There is no difference at all between the food values of fresh-killed and chilled or frozen meat.** Most of the arguments put forward in favour of one or other variety are based on thrift or prejudice.

4 Rabbit, poultry, game, and deer can all be eaten instead of butcher's meat.

5 So-called offal—liver, kidney, sweetbread, tripe, etc.—contains important food elements and should occasionally appear on the table in place of the ordinary joint.

Fish, whether fresh, dried, or tinned, is an excellent **Fish** substitute for meat. **Herring gives an exceptionally good return for the money spent on it.**

Plenty of fresh vegetables should be included in the **Vegetables** diet at all times, and especially during war, when there is shortage of other foods.

The French serve many of their vegetables as a separate course. In this, as in many other things, we should imitate them. If we did, English cooks might be persuaded to pay a little more respect to the green delicacies that come out of the earth.

These are rightly becoming more popular. It is, of course, better to eat vegetables that have been freshly gathered, but the greater part of our industrial and urban population must be content with vegetables that have lost some of their original freshness, owing to the necessity for transport. Tinned vegetables must be put up within a few hours of being gathered if they are to be saleable. They are therefore at least as good as the so-called fresh vegetables bought in the towns.



*'... satisfactory without any meat at all.'*



## Dried Vegetables

As a way of preserving vegetables drying is mostly applied to peas, beans, and lentils. Although these cannot replace fresh or tinned vegetables, they have high food value.

## Raw Vegetables

The season for many of the salad vegetables is short, but some can be obtained at all times of the year. The housewife should remember that lettuce is not the only green leaf that can be mixed in a salad. Watercress is obtainable at a reasonable price most of the year, and raw shredded cabbage ('cold slaw') is a delicious substitute for lettuce. Changes can be rung on endive, chicory, finely grated raw carrot, raw beetroot, and young dandelion leaf shredded in small quantity, to extend health-giving salad days from January to December.

## Potatoes

The appearance of the potato has been against it, and it has not received the recognition due to it as a most excellent food. **If we in this country were limited to two foods, probably the best choice would be potatoes and milk (some of it made into butter and cheese).** We could continue on this diet indefinitely—if the appetite did not rebel. Potatoes would be preferable to cereals. **The policy of growing and eating more potatoes in war time is strongly advocated. Time, money, and food could be saved by boiling, steaming, or baking potatoes in their skins.**

## Fruit

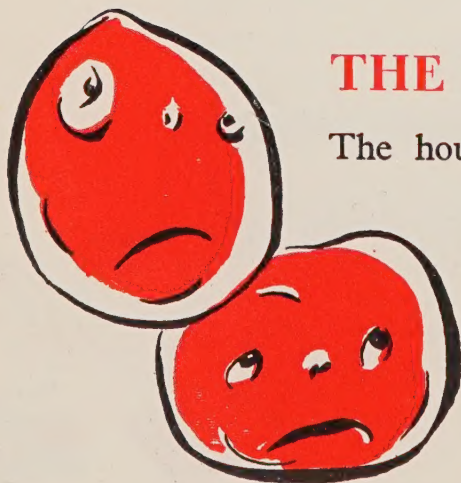
'Eat more fruit' is a slogan which has resounded in most ears. It is a slogan we endorse. The virtue of fruits is that they supply vitamin C, the vitamin that protects against scurvy.

## Tinned or Bottled Fruit

Although tinned or bottled fruit cannot be a complete substitute for fresh fruit, it is a useful addition to a mixed diet. It is certainly better than no fruit at all.

## Dried Fruit

Dried fruits are appetizing but not the equal of fresh fruit. They provide a useful way of increasing the daily sugar ration.



## THE HOUSEWIFE'S TASK

The housewife's task is to make use of all this information, and modify it according to the various likes and dislikes of her household. The man at home must get it into his

*'The appearance of the potato has been against it.'*



head that war means a change in the bill of fare. Grumbling because his pet dishes do not turn up with unfailing regularity will not help matters. He should read this pamphlet and thus get some idea of the housewife's problem.

Apart from the question of cost, it may be difficult to persuade everyone to have a pint of milk each day. Many people will certainly not drink this amount neat, but milk can be taken with porridge and in milk puddings, blancmanges, junkets, soups, coffee, cocoa, and cakes. The milk-in-schools scheme is, of course, a great help.

If a pint a day per head is too costly for the weekly budget it is well worth sacrificing other foods for milk, but if you must go short remember that  $2\frac{1}{2}$  ounces of cheese is approximately equal to one pint of milk in body-building and protective properties. A meal of wholemeal bread, margarine, cheese, and water may sound dull, yet it gives good food value; with raw salad in addition it lacks very little but variety.

Every housewife knows the importance of variety and will do what she can to maintain this, however difficult things may be. The shopping basket must hold some foods from each of the three groups—body-building, body-warming, and body-protecting foods. It is a great temptation when money is short to buy too many foods from the body-warming group, for they are cheapest and certainly the most filling. But the temptation must be resisted.

Baked herrings, baked potatoes, and a fruit pie provide a good and a cheap meal. Soup, thick with vegetables and with milk and cheese added, eaten with brown bread and margarine and costing but a few pence, can give points in food-values to many a more elaborate menu. But whatever the food costs it will not tempt anyone if it is badly cooked or badly served. Some people are born cooks. The rest must acquire a reasonable amount of skill and, if necessary, take lessons in what is, after all, a bit of a science and a good deal of an art.

A discontented mind produces a rebellious stomach and so spoils digestion. Therefore don't grumble or quarrel at meal-times. A meal is a social occasion and an opportunity for appeasement of mind and body: if the two work together in harmony the efforts of the housewife will not be wasted.



*'A meal is a social occasion.'*



## GROUPS OF FOODS

For convenience of reference we give the following lists of foods arranged under their respective groups.

### Foods for Warmth and Energy

|          |             |
|----------|-------------|
| Sugar    | Honey       |
| Bread    | Dried fruit |
| Flour    | Dried peas  |
| Oatmeal  | Dried beans |
| Potatoes | Lard        |
| Cakes    | Frying fats |
| Biscuits | Dripping    |
| Jam      | Butter      |
| Syrup    | Margarine   |
| Treacle  |             |

See page 4

### Builders and Repairers

Meat and so-called offal  
Fish, including herring and cod roe  
Cheese  
Milk  
Eggs  
Cereals  
Pulses (dried peas, beans, etc.)

See page 5

### Protective Foods

|                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1</b></p> <p>Milk<br/>Butter<br/>Cream<br/>Cheese<br/>Eggs<br/>Vitaminized<br/>    margarine</p> <p><b>2</b></p> <p>Fish, particularly the<br/>fat fish (herrings,<br/>bloaters, kippers,<br/>sprats, mackerel,<br/>tinned and fresh<br/>salmon, and sar-<br/>dines and eels)</p> | <p><b>3</b></p> <p>Salad vegetables :<br/>    Lettuce<br/>    Mustard &amp; cress<br/>    Radishes<br/>    Tomatoes<br/>    Watercress<br/>Green vegetables<br/>Carrots<br/>Swede turnips<br/>Potatoes<br/>Foreign fruits:<br/>    Oranges<br/>    Grapefruit<br/>    Lemons<br/>    Bananas<br/>English summer<br/>fruits:<br/>    Currants<br/>    Gooseberries<br/>    Loganberries<br/>    Raspberries<br/>    Strawberries</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

See pages 6  
and 7







